

THE ATHLETE'S HEART.

The Rowing Man It is Strong and Well Developed.

A prominent member of the faculty of the University of Pennsylvania Medical school has made a study of the heart action of athletes. He has examined a large number of men in athletics, especially rowing men, and he has come to the conclusion that no man in perfect health who has been properly trained is injured by rowing, but that, on the contrary, his heart is strengthened, that, with a moderate amount of exercise after he has finished his rowing career, there is no reason, so far as the heart and lungs are concerned, that he should not live to a very old age.

"The heart," said he, "is both a very delicate and a very strong organ—that is, if it is well developed it will stand an enormous amount of strain without any permanent injury, but if it is not well developed it is very easily weakened. Violent exercise, like rowing, places a great deal of strain on the heart because when the body is being exerted it requires so much more pressure to force the blood through the body. Like any other muscle that is worked, the heart under the added labor becomes larger, and most athletes have extra large hearts, just as they also have larger muscles throughout the body.

"If the strain is put upon the heart suddenly it dilates. It becomes larger, but not more muscular—and that is the danger in athletics. If a man exercises gradually then his heart also increases in size gradually because the muscles become larger, and this is a perfectly normal condition. It simply means that the athlete has a stronger heart than the average and can cope with the extra strain that is put upon it. A man needs a larger heart to row a race, and if gradual exercise has so provided him with one then he can safely undergo the most severe tests.

"It is the same way with the lungs, and they must be developed gradually until they can undertake the extra work. A man with his heart and lungs well developed is in no danger, no matter how hard the race. He may completely keel over at the end of the race, but it will likely be from sheer exhaustion, and his heart is so strong that the effect is not at all injurious. He will be as good as ever in a few moments."

APHORISMS.

The heart gets weary, but never gets old.—Shenstone.

The only way to have a friend is to be one.—Emerson.

What we learn with pleasure we never forget.—Mercier.

Opposition inflames the enthusiast, never converts him.—Schiller.

True merit is like a river—the deeper it is the less noise it makes.—Hazlitt.

The eye of the master will do more work than both of his hands.—Franklin.

Experience takes dreadfully high school wages, but he teaches like no other.—Carlyle.

Kindness is the only charm permitted to the aged. It is the coquetry of white hairs.—Feuillet.

If we had no failings ourselves we should not take so much pleasure in finding out those of others.—Rochefoucauld.

A Brilliant Retort.

After dinner speaking is an art, and, like many other arts, its excellence has much to do with the mood of the artist.

Some of the best of our after dinner speakers sometimes fail, but it is not often that failure results in the enrichment of the world's store of epigram, as it did in the case of Lord Erskine many years ago.

When Lord Erskine was made a member of that highly honorable body, the Fishmongers' Company of London, he made an after dinner speech on the occasion of his first appearance among them as a member. Upon his return he said to a friend:

"I spoke ill today and stammered and hesitated in the opening."

"You certainly floundered," was the reply, "but I thought you did so in compliment to the fishmongers."

The Prattle of a Bright Child.

As new it cannot be denied the question of children become irksome, but who would wish a child to ask no questions? Julius Sturms tells in one of his pretty fairy tales how a grandfather, driven into impatience by the constant questioning of his grandchild, exclaimed, "I wish your tongue were out of joint!" But when unexpectedly his wish was fulfilled and the child became dumb how he joyfully exchanged one of the two years which an angel had prophesied he was yet to live for the privilege of hearing the little one's prattle again!

Speechmaking.

"What do you think of my speech?" said the aspiring young orator.

"Not bad," said the cold man of experience.

"I devoted a great deal of thought to it."

"Yes, that's a mistake young men are apt to make. You put thoughts into your speeches instead of telling the audience stories."

Even at That.

Gus—The idea of his saying I had more money than brains! Quite ridiculous!

Jack—That so?

Gus—Of course. Why, I haven't got a cent.

Jack—Well?—Philadelphia Ledger.

Comes High.

Knicker—Experience is the best teacher.

Bocker—Well, aren't we always raising the salary?—Harper's Bazar.

BURGLARIOUS STARS.

Planets and Stars May Pick Up Minor Solar Bodies.

Jupiter is much the biggest member of the family of stars which revolve around our sun; consequently the power of his attraction is greater than that possessed, for instance, by the earth. Jupiter's exploits as a burglar have caused very considerable annoyance and inconvenience to astronomers in the days before his powers were fully recognized.

In 1770 there appeared a fine comet, which was found to have an elliptical orbit round the sun of so comparatively small a size that Mr. Lexell, its discoverer, calculated it would return in five and a half years, but in 1775 telescopes were vainly focused on the spot where it was expected to reappear, and again in 1781 it disappointed all observers. Mr. Lexell plunged into fresh calculations and after much research found that Jupiter was the culprit. The unfortunate comet had been rash enough to plunge into the sphere of the giant planet's attraction, with the result that it had been completely diverted from its former orbit and flung off into quite a different one of a twenty year period. It has never been seen again by any one on this earth and probably never will be.

Jupiter was also responsible for the delay which occurred in the return of that splendid visitant known as Halley's comet. Halley found that he was not the first discoverer of this big comet. It had appeared at least twice previously, once seventy-five years before and again seventy-six years before that. The astronomer concluded that there would be a further delay in its third return and predicted that its next appearance would be 518 days later. He did not live to see it. But in 1758, the year he had prophesied for its reappearance, astronomers were waiting for it.

HUMORS OF MUSICAL LIFE.

Amazing Franks the Erratic Type—Played With a Composer.

Miss Maude Valeria White, author of numerous popular songs, has told a number of anecdotes, many of them at her own expense. I suppose, she once wrote in the Cornhill Magazine. All composers have had a laugh over the extraordinary mistakes which sometimes occur in the first proofs of their songs. I remember years ago writing a very sentimental song, in which the line occurred—

I've never once regretted the vow I made that day.

My feelings may be imagined when I found they had printed—

I've never once regretted the row I made that day.

Miss White also told about an amusing mistake which occurred in the programme of one of her concerts: A well known singer and very good friend of mine was down to sing my two songs, "To Marry" and "Crabbed Age and Youth." But the newspaper announced something very different. Not content with drawing up a programme of my concert, it drew up a programme of my future, for I read as follows:

To Marry—Maude Valeria White.

To Marry—Crabbed Age and Youth.

As I am a good many years older than the friend in question, the coincidence struck me as particularly funny, and I cut the programme out of the newspaper and sent it to him. By the first mail next morning I received an identical cutting from him, with an inquiry whether he was to take this as a formal announcement of our engagement and expressing a mild surprise that he had not been consulted in the matter.

He Knew Sir Walter Scott.

In a booklet called "Sir Walter Scott and His Country" published in Edinburgh the author quotes this reminiscence from an old man he met who had known the romancer:

"Aye," he minded Sir Walter fine, "I seen him driving out in his carriage and pair, w' Tom Purdie on the box seat. He had on a shepherd's tartan plaid and a glengarry cap w' two black ribbons hanging down the back. I mind his dowie tae—Maida, he ca'd it—and an awfu' work he made over the beast. But he was as pleasant a man as you could speak to, though he wasna thought muckle of as a plowman when they made him shirra o' Selkirk. Is it his bulks you're speiring on? Oh, aye, ye'll find a' his bulks ben the house."

Carved on the Tomb of Ingalls.

This extract from Ingalls' essay on "Grass" is carved on the glacial boulder which marks his last resting place: "When the fitful fever is ended and the foolish wrangle of the market and forum is closed grass heals over the scars which our descent into the bosom of the earth has made, and the carpet of the infant becomes the blanket of the dead."—Kansas City Star.

Cash Before Fame.

"Why don't you try to write your name on the scroll of fame?"

"My friend," said Senator Sorghum, very earnestly, "I have never yet seen anybody tearing leaflets out of the scroll of fame and getting them cashed at the bank."—Philadelphia Inquirer.

An Amateur.

Young Bride—I'm so nervous. I'm actually shaking.

Matrimonial Veteran—You'll get over it, dear. Why, when I first began getting married I thought I should never stop having altar fright.—Baltimore American.

When a man meets his wife in a railroad station he never knows whether to kiss her before all the people or to pretend that he is just a friend of the family.—New York Press.

A man's strength develops when he has something to do, not when he is idle.—Aitchison Globe.

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Second Floor.

Superb Showing of STYLISH MILLINERY

Parisian and American.

Our Magnificent Millinery Salon is a veritable bower of loveliness. Hundreds of beautiful Hats, both foreign and domestic, are now ready for your inspection and approval; 'tis an exquisite display, a fascinating Fall exposition, the daintiest and most typical style show in this State.

You will find here the richest and most artistic creations of the millinery world. For months our European representatives have been searching the fashion centers of Paris and London for the very newest and exclusive novelties in Hats, Toques and Bonnets, which are now on view, together with many exclusive ideas by our own superior designers, forming a picture pleasing to the eye, captivating to the mind and profitable to the purse. The Trimmed Hats range in price

From 4.75 to 50.00 Each.

We are also showing an excellent assortment of Untrimmed Hats, in plain and fancy felt, velvet, chiffon, etc., novelty materials, etc. Velvet Flowers and Feathers, Ornaments, Braids, Millinery Trimmings, etc., etc., in endless profusion.

Main Floor.

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A bewildering array of rich, lustrous silks, the kinds that will captivate the fancy of every woman of taste. Its wonderful variety embraces every desirable style of choice fancy silks for waists or gowns, all this season's newest designs and colorings, including Colored Taffetas, Black Taffetas, Colored Peau de Soie, Colored Wash Taffetas and changeable Taffetas.

We are also showing a complete assortment of C. J. Bonnet & Co.'s famous Black Silks, in all styles, unquestionably the finest black silk on the market to-day, and enjoying the enviable reputation of holding first place in the esteem of all women during the past century. That is the character of the goods we are displaying for your approval to-morrow, and the prices are as agreeable as the qualities are good. A few suggestions:

White, Colored and Black Taffetas—A complete line of colors, both light and dark, excellent wearing quality, worth 75c. at yard..... 59c

Peau de Soie—All silk, a full assortment of street and evening shades, a soft, nicely finished fabric for entire gowns, worth 1.00 a yard..... 85c

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For Women and Children.

The most winning styles are here in a fascinating diversity possessing all the grace and charm that superior workmanship can possibly bestow upon them. They are examples of all that's best of the fashion world's predominant ideas and present an exclusiveness of style that is thoroughly characteristic of this store.

From over the sea comes the inspiration for these beautiful garments, clever adaptations and modifications of the modes of such distinguished artists as Paquin, Doucet, Herman, Beer, Savoyee, Radnitz, Carlin, and Agnis, of Paris; H. Curson, of Berlin; Viola and Russel & Allen, of London. The garments are all skillfully made, tastefully finished, fully up to our usual standard of excellence in every detail, and priced so modestly as to surely win your favor.

The exhibition comprises evening and carriage gowns, wraps, promenade and walking costumes, tailor-made and shirt-waist suits, dress and walking skirts, tea gowns, dressing sacques, silk waists and petticoats, fine coats, etc., and no woman who really wants to know what is to be worn this season will miss seeing this "costume show." All the glories of the art are here—come in and revel in their beauties.

Main Floor.

Autumn Dress Goods.

BLACK AND COLORS.

Plain fabrics are to be "all the go" this season, according to the dictates of fashion, and, to the feminine mind, her rulings are absolute. First on the list come broadcloths for the more auspicious occasions, then the rough shaggy materials for walking suits will be used extensively and are indeed striking and novel in design. The evening gowns will include Voiles, Crepe de Paris and other soft clinging fabrics, white French Cheviots, Lustrous Mohairs, and various web and fleck weaves and effects give life to the display. Nothing desirable or wanted in staple or fancy goods is missing, and you'll find here representations from the looms of all the best foreign and domestic manufacturers, all priced in a manner to please the most prudent economist. Among the many varieties may be found:

Voiles, light, sheer and crepey, more popular this season than ever. Web Effects, Homespuns, Zibelines and boucle stripe effects with their beautiful silky finish. Bannockburns, rough manly mixtures, very stylish and greatly favored. Crepe de Chine, thin, sheer and silky, in black and all favorite colors. Albatross, Taurine Velvings, Batiste, Prunellae, Cheviots, Granites, Mohair, Canvas, Broadcloths, Venetians, Camelshair, Coverts, Kerseys, Hop Sackings, Cassimeres, etc., in an unexcelled variety.

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